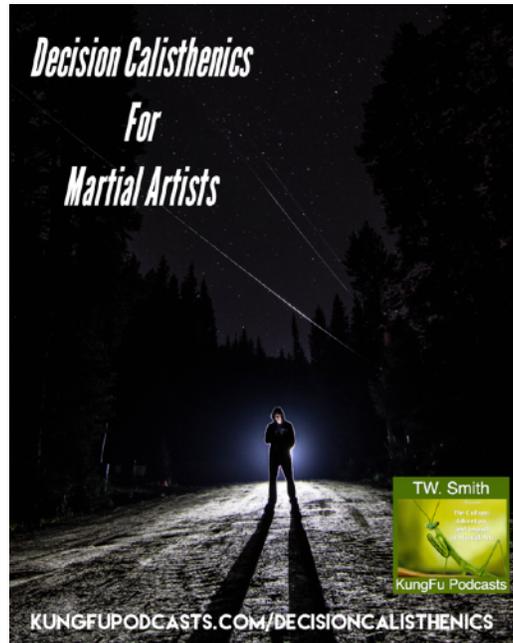


KungFu Podcasts



I hope you enjoyed the Podcast and hope that you find having the summary notes useful. Let me know how you use them.

**If You Find Value in this Program,
Let Me Know.**

kungfupodcasts@gmail.com

TW. Smith

Behavioral Traits that get us in trouble.

So Far we have discussed ways to train, to implement into our programs
But thats not for everyone, all the time.. if you stay up all the time,
paranoid
what are behavior traits that can get us in trouble?

Dept of Justice Report, consider some of these traits as we explore the
impact of particular behavioral traits.

Violent Encounters

A Study of Felonious Assaults on Our Nation's Law Enforcement Officers

Thirty-three of the 50 victim officers in the current study did not realize that
an attack was forthcoming. These are trained officers and they didn't
know it was coming..

Well their study describes, what are the behavioral characteristics of the
officers who were assaulted and/or killed, these are some of the traits
came from a study titled, 'killed in the line of duty'..

- Tends to use less force than other officers felt they would use in similar
circumstances

Us.. <are you prepared to use enough force to control the situation
and get home>

- Tends to perceive self as more public relations than law enforcement

Us.. <not sure how to directly relate this trait, but it reminded me of
how important it is to know where things can go, even though we would
prefer them not too..

- Used force only as last resort and as well, peers claim they would use
force at an earlier point in similar circumstances

Us.. <they waited to react, rather than act with force>

- Doesn't follow all rules, especially in regard to - arrests
- confrontations with prisoners
- traffic stops
- waiting for backup (when available)

Us <this is interesting.. I have you thought about your rules? I bet by
the time you are done with this podcast, you may consider some..

these next 3 traits I grouped together, because they speak to one concern, letting the 5- alertness/awareness relax

- Feels he/she can “read” others/situations and will drop guard as a result
- Tends to look for “good” in others
- “Laid back” and “easy going”

3 Main Factors that determine the Degree of the Stress Response, which in turn, activates your SNS are:

A - your cognitive perception of how threatening is the stimulus

B - your perceived control over the situation, and a 3rd that is often not recalled till the moment hits the fan,

C - stored memories that get triggered by the sensory input and recalled experiences

6 benefits of moderate Sympathetic Neural System arousal include €:

A- alertness

B- focused attention

C- improved cognitive performance.

D- facilitates memory formation

E- memory retrieval - which would explain the stored memory problem we just discussed

F- All sensory perceptions including visual, auditory, and olfactory senses are enhanced. Improved sensory awareness increases an individual's ability to successfully address a threat.

4 Core Components of Training

A) The senses send the information to the amygdala, the area of the brain that contributes to emotional processing. The amygdala interprets the images and sounds and if it perceives danger, it instantly sends a distress signal to the hypothalamus.

The hypothalamus alerts the Autonomic Nervous System, which we explained earlier.

The adrenal medulla, is the center of your adrenal glands, on top of each kidney. The Adrenal medulla is hardwired into the SNS secretes the hormone adrenaline when it fires off. The process begins

B) Using Mental Focus / Concentration to stay in the moment. Focus allows us to filter out extraneous factors that are not associated with the moment at hand. You can use numbers of concentration exercises. Best Results pick one exercise, such as a chant, or incense, or breathing, and stay with it, preferably every day for at least 3 weeks.

Visualization allows you to directly activate the senses, particularly what you see, hear and smell and practice. It also allows you to change the perspective to which you experience the sensory input. For example, I teach one that is called the '**Be the Audience**' visualization, which I will explain more later, if time permits,

C) Biofeedback, respiration rate, dilation of bronchial airways, heart rate, and enhancement of the metabolic rate so more of the stored energy can be used are parameters that anyone can use, sweat is another indicator of your SNS activation,

“Controlled breathing is not a relaxation exercise; rather, it balances the activity of the sympathetic and parasympathetic nervous system during stress, facilitating states of moderate arousal and blocking panic reactions and hyperventilation responses that lead to maladaptive sensory responses such as tunnel vision and auditory exclusion”;

D) dynamic training (sparring, intense pad drills) this stage of training is designed to help the officer to recognize their SNS arousal in order to enhance situational awareness and decision making. Once an officer was aware of their physiological arousal state, they were instructed to apply the psychological and physiological control techniques during subsequent scenarios.

“We don't rise to the level of our expectations, we fall to the level of our training.”

There are a number of ways to reduce the effects of decision fatigue.

1. Make Plans - Instead of deciding whether you are going to train, put it in your calendar. Many important people are aware of decision fatigue and they preplan what they will wear, eat, workout, so that burden is lifted off them.

2. Theme Days - Grouping chunks of a day. I have used this technique for this program. It would wear on me reading and deciphering

research, trying to write out a program, when would I record, when would I edit, then get together artwork and publish. So I rearranged my schedule so that more lessons occurred on certain days, more classes on others and KFP had a couple of chunks allocated. I also hear this with martial arts students, when they come in during freetime practice. Should I work on footwork, joint locks, pre-emptive strikes, after a long day at work, they sometimes struggle 'deciding' what to train. Theme days is one approach to it.

3. Priorities First : When I first began Chinese Martial Arts, and we had the question, what should I practice... we were taught to follow this pattern,

1. Practice the last 2 things you were taught first after warming up
2. Practice the more Yang activities, hitting poles, bone marrow, conditioning, sparring, after,
3. Finish with the Yin activities, meditation, reading, etc.
4. Have a uniform : If you wear a gi, your decision on gear is easier. I read wear officials, such as presidents, ceo's and consultants wear predetermined clothes, by color for example to take the mental pressure off on what to wear. Decision fatigue is a muscle that burns up energy with each rep. Having a jersey helps.
5. Naps, snacks, and brief breathing and meditation training can also help replenish the decision energy back during long days too.

3 types of Motor Skills and 3 Types of Coordination

Fine Motor skills refer to the muscle control required to make small precise movements such as opening a car with car keys under stress, playing twinkle twinkle little star on the Piano. Fine motor skills begin to deteriorate at 115 bpm in the general population.

**The amount of conditioning and training under stress the practitioner has, will directly effect the performance. Try it sometime, walk outside, put keys in the lock, jump rope or pushups till heart rate and breathing picks up to 120, try it again. You can objectively measure your improvement. If that mattered to you, which it may, because if you tell me your art is based in the ancient form of secret technique acupoint striking, and you don't look like you have any conditioning, how accurate is your dim mak going to be.. not to mention other flaws in this theoretical approach. This is also something to consider when you are considering intricate locks. they may work, but try it after your heart rate pumps to 130. Requires a feel for

where you are, its not the same as trying to reach out with excellent accuracy and touching something.

I am not saying you can't perform precision strikes or more intricate locks while under stress, military guys do it all the time, so do wrestlers, and a wrestlers heartrate will get way over 130 bpm. But we will come back to that..

Complex motor skills deteriorate at a heart rate of approximately 145 beats per minute. "Complex motor skills combine fine and gross motor skills using hand and eye coordination timed to a single event.

Gross motor skills are enhanced as the heart reaches 150 beats per minute.

Gross motor skills are the movements of the large or major muscles of the body, such as running, punching, or kicking.

Catastrophic motor skill breakdown may occur when the heart rate exceeds 175 beats per minute.

What to consider

1. Critical to Be honest on how much time you will spend training, you will default to the level of your training.

2. Besides Fine, Complex or Gross Motor Skills, Selecting Techniques by Types of **3 types Bilateral Coordination:**

1. Symmetrical movements- Both hands do the same thing at the same time. An example of this would be pulling up pants or socks.

2. Asymmetrical -Alternating Movements - swimming for example, or a standard arm bar, where one pulls up, while the other pushes down to create the pressure in the joint attack. Of course, if you did a symmetrical movement, you couldn't attack the joint, both hands pull up, or pull down, changes the effect.

3. Reciprocating-Dominant hand/Non-dominant hand- Using one hand to perform a task while the other assists is needed for many fine motor skills. This type of bilateral coordination is needed for writing, and cutting with scissors.

4. Begin with bilateral Symmetrical movements

1. Bubishi winning techniques - 8. twin dragons playing in the water, 9. Scissors on the ground, pretending to fall over, or nai Hanshi

kata, palms come together and press down. In TaiJi, seperate the mountains and gather the clouds are a good example of bilateral techniques. Make sure you have your bilateral symmetrical movements down pat.

2. Asymmetrical / Alternating in most cases is simpler than Asymmetrical/Reciprocating. Pick 1 Alternating technique that you can master. if not sure, look at what your forms tell you. Choylifut lauhan long hands, many of the fundamental strikes are asymmetrical/alternating, gwa Choy, charp, Jueng Choy for example are practiced hundreds of times all symmetrically.

3. One day I asked my teacher about the original combative forms of Taiji Ch'uan, why are their so many wave like clouds and single whips in the form, the response was, because they are important techniques to know very well. "Single Whip is a good example of a Reciprocating Technique, where the dominant hand is delivering an axe handle strike to the elbow or cervical area, while the other hand is lassoing into limb control."

I hope you enjoy the program and the information provided. I greatly appreciate your support to keep the program moving and developing.

Tim

